## Claims

What is claimed is:

1. A hand-held massage device for manipulation by a user to massage a portion of a body of a person comprising, in combination: a housing having a hollow chamber for containing a fluid, a fluid located in said hollow chamber, said fluid being one of a warming fluid and a cooling fluid, so that said housing selectively produces one of warming of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is warmed by the user and cooling of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is cooled by the user.

2. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 1 wherein said housing comprising a first member and an opposite second member, an inner portion of said first member and an inner portion of said opposite second member having a gap located between said first member and said opposite second member; an outer portion of said first member having a plurality of protuberances, the inner portion of said first member having a plurality of indentations corresponding to said plurality of protuberances so that said fluid flows into said plurality of indentations and into the gap.

3. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 2 wherein said housing comprising a plurality of lobes, said housing having a plurality of corners, each one of said plurality of lobes located at each one of the plurality of corners and each one of an outer portion of said plurality of lobes coupled to an outer portion of said first member and an outer portion of said opposite second member.

4. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 3 wherein each one of said plurality of lobes having a hollow portion, an inner portion of each one of said lobes coupled to each one of an inner portion of said first member and said opposite second member so that said fluid flows into the gap located between said first member and said opposite second member and into the hollow portion of said plurality of lobes.

5. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 4 wherein the hollow chamber of said housing comprising the gap located between said first member and said opposite second member, said plurality of indentations of said first member and the hollow portion of each one of said plurality of lobes.

6. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 2 wherein both said first member

and said opposite second member having a substantially oblong and curved shape so that said first member has substantially the same curvature as said opposite second member.

7. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 3 wherein each one of said plurality of lobes along a longer edge of said first member and said opposite second member is larger than each one of said plurality of lobes along an opposite shorter edge of said first member and said opposite second member.

8. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 1 further comprising a valve in a portion of said housing for injecting said fluid into the hollow chamber of said housing.

9. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 8 wherein said valve comprises a self healing membrane.

10. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 1 wherein said housing comprises a plastic.

11. The hand-held massage device for manipulation by a user to massage a portion of a body of a person

according to Claim 1 wherein said housing comprises a thermoplastic.

12. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 1 wherein said fluid comprises a high heat capacity solution heated to provide a warming effect.

13. The hand-held massage device for manipulation by a user to massage a portion of a body of a person according to Claim 1 wherein said fluid comprises a high heat capacity solution cooled to provide a cooling effect on using the massage device.

14. A massage device for manipulation by a user to massage a portion of a body of a person comprising, in combination: a housing having a hollow chamber for containing a fluid, a fluid located in said hollow chamber, said fluid being one of a warming fluid and a cooling fluid, so that said housing selectively produces one of warming of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is warmed by the user and cooling of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is cooled by the user.

15. The massage device for manipulation by a user to massage a portion of a body of a person according to Claim 14 wherein said housing comprising a first

member and an opposite second member, an inner portion of said first member and an inner portion of said opposite second member having a gap located between said first member and said opposite second member; an outer portion of said first member having a plurality of protuberances, the inner portion of said first member having a plurality of indentations corresponding to said plurality of protuberances so that said fluid flows into said plurality of indentations and into the gap; and said housing comprising a plurality of lobes, said housing having a plurality of corners, each one of said plurality of lobes located at each one of the plurality of corners and each one of an outer portion of said plurality of lobes coupled to an outer portion of said first member and an outer portion of said opposite second member.

16. The massage device for manipulation by a user to massage a portion of a body of a person according to Claim 15 wherein each one of said plurality of lobes having a hollow portion, an inner portion of each one of said lobes coupled to each one of an inner portion of said first member and said opposite second member so that said fluid flows into the gap located between said first member and said opposite second member and into the hollow portion of said plurality of lobes; the hollow chamber of said housing comprising the gap located between said first member and said opposite second member, said plurality of indentations of said first member and the hollow portion of each one of said plurality of lobes; a valve in a portion of the housing for injecting the fluid into the hollow

chamber of the housing; both said first member and said opposite second member having a substantially oblong and curved shape so that said first member has substantially the same curvature as said opposite second member; and each one of said plurality of lobes along a longer edge of said first member and said opposite second member is larger than each one of said plurality of lobes along an opposite shorter edge of said first member and said opposite second member.

17. A method for manipulating a hand-held massage device by a user massaging a portion of a body of a person comprising the steps of:
providing a housing having a hollow chamber for containing a fluid;
providing a fluid located in said hollow chamber, said fluid being one of a warming fluid and a cooling fluid; and
said housing selectively producing one of warming of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is warmed by the user and cooling of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is cooled by the user.

18. The method for manipulating a hand-held massage device by a user massaging a portion of a body of a person according to Claim 17 further comprising the steps of:
providing said housing comprising a first member and an opposite second member, an inner portion of said

first member and an inner portion of said opposite second member having a gap located between said first member and said opposite second member, an outer portion of said first member having a plurality of protuberances, the inner portion of said first member having a plurality of indentations corresponding to said plurality of protuberances so that said fluid flows into said plurality of indentations and into the gap;

providing said housing comprising a plurality of lobes, said housing having a plurality of corners, each one of said plurality of lobes located at each one of the plurality of corners and each one of an outer portion of said plurality of lobes coupled to an outer portion of said first member and an outer portion of said opposite second member;

providing each one of said plurality of lobes having a hollow portion, an inner portion of each one of said lobes coupled to each one of an inner portion of said first member and said opposite second member so that said fluid flows into the gap located between said first member and said opposite second member and into the hollow portion of said plurality of lobes;

providing the hollow chamber of said housing comprising the gap located between said first member and said opposite second member, said plurality of indentations of said first member and the hollow portion of each one of said plurality of lobes; and

providing a valve in a portion of said housing for injecting said fluid into the hollow chamber of said housing.

19. The method for manipulating a hand-held massage device by a user massaging a portion of a body of a person according to Claim 18 further comprising the steps of:
providing both said first member and said opposite second member having a substantially oblong and curved shape so that said first member has substantially the same curvature as said opposite second member;
providing each one of said plurality of lobes along a longer edge of said first member and said opposite second member is larger than each one of said plurality of lobes along an opposite shorter edge of said first member and said opposite second member;
providing said housing comprises a plastic; and
providing said fluid comprises a high heat capacity solution.

20. A method for manipulating a massage device by a user massaging a portion of a body of a person comprising the steps of:
providing a housing having a hollow chamber for containing a fluid;
providing a fluid located in said hollow chamber, said fluid being one of a warming fluid and a cooling fluid; and
said housing selectively producing one of warming of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is warmed by the user and cooling of the portion of the body of the person when the massage device contacts the body of the person after said fluid of the massage device is cooled by the user.

21. The method for manipulating a hand-held massage device by a user massaging a portion of a body of a person according to Claim 20 further comprising the steps of:

providing said housing comprising a first member and an opposite second member, an inner portion of said first member and an inner portion of said opposite second member having a gap located between said first member and said opposite second member, an outer portion of said first member having a plurality of protuberances, the inner portion of said first member having a plurality of indentations corresponding to said plurality of protuberances so that said fluid flows into said plurality of indentations and into the gap;

providing said housing comprising a plurality of lobes, said housing having a plurality of corners, each one of said plurality of lobes located at each one of the plurality of corners and each one of an outer portion of said plurality of lobes coupled to an outer portion of said first member and an outer portion of said opposite second member;

providing each one of said plurality of lobes having a hollow portion, an inner portion of each one of said lobes coupled to each one of an inner portion of said first member and said opposite second member so that said fluid flows into the gap located between the first member and said opposite second member and into the hollow portion of said plurality of lobes;

providing the hollow chamber of said housing comprising the gap located between said first member and said opposite second member, said plurality of

indentations of said first member and the hollow portion of each one of said plurality of lobes; and providing a valve in a portion of said housing for injecting said fluid into the hollow chamber of said housing.

22. The method for manipulating a hand-held massage device by a user massaging a portion of a body of a person according to Claim 21 further comprising the steps of: providing both said first member and said opposite second member having a substantially oblong and curved shape so that said first member has substantially the same curvature as said opposite second member; providing each one of said plurality of lobes along a longer edge of said first member and said opposite second member is larger than each one of said plurality of lobes along an opposite shorter edge of said first member and said opposite second member; providing said housing comprises a plastic; and providing said fluid comprises a high heat capacity solution.